



**GREEN
CHEF**

SALMON WITH CREAMY CHIMICHURRI

roasted sweet potatoes & bell pepper, toasted pepitas

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

800

NET CARBS PER SERVING

27 GRAMS

MENU

PALEO // GLUTEN-FREE

Latin American flavors star in this vibrant seafood dish. Salmon fillets are seasoned with a cumin, coriander, and oregano spice blend, pan-seared, then finished in the oven. The salmon is served alongside roasted sweet potatoes and bell pepper, which get a light crunch from a sprinkle of pepitas. Drizzle as much of the herby, creamy chimichurri as you like over everything for a rich and tangy final touch.

INGREDIENTS (8 ITEMS)

1 unit	Green bell pepper
1 whole	Red onion
¼ oz	Cilantro
10¼ oz	Sweet potatoes
1¼ tbsp	Cumin, coriander & oregano
½ oz	Pepitas
2 (5 oz)	Sustainably raised Atlantic salmon* F
2¾ oz	Creamy chimichurri with avocado mayo E



CUSTOM CHEF

If you chose to modify your meal, follow the **Custom Chef** instructions on the flip side of this card.



2 (5 oz) Wild-caught sockeye salmon* F
Calories: 700 Net Carbs: 27

WHAT YOU'LL NEED

medium oven-safe sauté pan
baking sheet
large bowl
measuring spoons
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

- F FISH (salmon)
- E EGGS



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Salmon is fully cooked when internal temperature reaches 145°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw fish. Consuming raw or undercooked fish may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 425 degrees.
- Medium dice **green bell pepper*** into pieces, about ½ inch each.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Medium dice remaining half into pieces, about ½ inch each.
- De-stem **cilantro**; roughly chop leaves.

**The ingredient you received may be a different color.*

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 SEASON VEGGIES

- Place **sweet potatoes, bell pepper, and onion** in a large bowl. Drizzle with about 1 tablespoon cooking oil. Season with salt, pepper, and about 2 teaspoons **cumin, coriander, and oregano**. Stir to coat.

3 ROAST VEGGIES

- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18–20 minutes, or until sweet potatoes are fork-tender, stirring halfway through.

4 TOAST PEPITAS

- Place **pepitas** in a dry, medium oven-safe sauté pan over medium heat. Toast 3–4 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a cutting board to cool. Roughly chop. (Carefully wipe out pan.)

5 SEASON & COOK SALMON

- Pat **sustainably raised Atlantic salmon** dry with paper towels. Season both sides with remaining **cumin, coriander, and oregano**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in pan used for pepitas over medium-high heat. Add **salmon** to hot pan, skin sides up. Sear 3–4 minutes, or until salmon releases easily from pan.
- Flip **salmon**. Transfer pan to oven. Roast 8–10 minutes, or until fully cooked.*

 Swap in **wild-caught sockeye salmon** for sustainably raised Atlantic salmon.

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

6 PLATE YOUR DISH

- Divide **salmon** between plates. Serve **roasted veggies** on the side. Garnish veggies with **cilantro** and **pepitas**. Drizzle **creamy chimichurri with avocado mayo** over everything. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (447g)

Amount per serving

Calories 800

	% Daily Value*
Total Fat 61g	78%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 440mg	19%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 86mg	6%
Iron 3mg	15%
Potassium 731mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Salmon [salmon], **Sweet Potatoes**, **Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Olive Oil [olive oil], Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract]), **Bell Peppers**, **Red Onion**, **Cilantro**, **Cumin**, **Coriander & Oregano** (Ground Cumin, Ground Coriander, Dried Oregano), **Pepitas** [pumpkin seed kernels]

Allergen information:

Contains Egg And Fish

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.